

CBT THERAPY PROGRESS NOTE STATEMENTS

**1100+
Statements**

Adjustment Disorders

- Used CBT techniques to identify and challenge negative thoughts related to the adjustment.
- Conducted sessions on problem-solving skills to manage the stress of life changes.
- Facilitated discussions on developing healthy coping strategies for dealing with the adjustment.
- Used cognitive restructuring to replace maladaptive thoughts with more balanced ones.
- Conducted sessions on mindfulness techniques to reduce anxiety related to adjustment.
- Recommended relaxation exercises to manage stress from adjustment.
- Facilitated discussions on setting realistic goals and expectations during the adjustment period.
- Conducted sessions on building resilience and adapting to new situations.
- Used thought records to track and challenge negative thoughts related to adjustment.
- Conducted sessions on developing a support network during periods of adjustment.
- Recommended journaling to process emotions related to adjustment.
- Facilitated discussions on the impact of adjustment on daily functioning and well-being.
- Used guided imagery to reduce stress related to adjustment.
- Conducted sessions on developing time management skills to handle new responsibilities.
- Recommended the use of positive affirmations to build confidence during adjustment.
- Facilitated discussions on balancing new demands with self-care.
- Used exposure therapy to reduce fear related to new situations.
- Recommended deep breathing exercises to manage in-the-moment stress from adjustment.
- Conducted sessions on developing coping strategies for managing change.
- Facilitated discussions on the importance of self-compassion during adjustment.
- Used behavioral activation to increase engagement in positive activities.
- Recommended the use of a planner to organize new tasks and responsibilities.
- Conducted sessions on managing expectations from self and others during adjustment.
- Facilitated discussions on identifying and managing triggers related to adjustment stress.
- Used role playing to practice assertiveness in new situations.

Alcohol Use Disorder

- Used CBT techniques to identify and challenge thoughts leading to alcohol use.
- Conducted sessions on developing coping strategies to manage cravings and triggers.
- Facilitated discussions on the impact of alcohol use on daily functioning and relationships.
- Used cognitive restructuring to replace maladaptive thoughts with healthier ones.
- Conducted sessions on building motivation for change and setting sobriety goals.
- Recommended participation in support groups such as AA for additional support.
- Facilitated discussions on developing a relapse prevention plan.

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Xiaolong Qi



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